

VIRTUAL RETREAT



# New Year's



[KIMBERLYWILSON.COM](http://KIMBERLYWILSON.COM)





# Welcome

*"Last year's words belong to last year's language. And next year's words await another voice." –T.S. Eliot*

I'm delighted that you're joining me for the **Virtual Retreat on Sunday, January 1 from 2-4 pm ET!**

Your module 1 yoga and meditation video will arrive December 31 to do from 1-2 pm ET before our live retreat.

Our day includes: savoring an all-level yoga and meditation practice video, spending time in contemplation and community, reflecting on 2022, designing 2023, art journaling, and creating an action plan.

**To join, [click here](#)** shortly before 2 pm ET. To prepare, please:

1. **Print and familiarize** yourself this workbook.
2. **Visit** our [private page](#) for updates.
3. **Complete** pp. 7-8 in advance.
4. **Gather your tools** and set the stage (p. 5)
5. **Pull images and words** from magazines that represent your vision for 2023.

Throughout our gathering, you'll have the chance to share and connect in the chat box.

I can't wait to celebrate this new year with you!

*P.S. If you miss any of the live event, it's being recorded and will be posted on your private page within 48 hours.*



## agenda\*

**Module 1: Flow Video**

**2 pm ET Welcome**

**Module 2: Reflect**

**Module 3: Create**

**4 pm ET Closing**

*\*Subject to change.*



# What To Expect



2-HOUR RETREAT



ARTIST DATE



SELF-CARE



SPOTIFY PLAYLIST



RETREAT REPLAY



TDJ DISCOUNT CODE



LIKE-HEARTED GROUP



FESTIVE FINALE



INSPIRING WORKBOOK



1-HR GUIDED MEDITATION & YOGA



# Retreat Tips

*“Slowing down is sometimes the best way to speed up.” —  
Mike Vance*

To prepare for our retreat, these tips will help guide your experience.

**BRING A BEGINNER’S MIND.** There’s a Zen saying that “in the beginner’s mind there are many possibilities, but in the expert’s mind there are few.” I encourage you to approach this experience with a sense of playfulness, openness, and curiosity. There is no one way to do any of the practices or to participate. Make this retreat your own and I’ll be your gentle guide.

**GATHER YOUR TOOLS.** **Creature comforts:** lavender oil, tea, a scarf, rosewater spray, lip balm, flowers, candles, and/or twinkle lights. **Creativity supplies:** journal/sketchbook, writing tools, a glue stick, scissors, and a black Sharpie. *Optional:* two small bottles of acrylic paint in your favorite colors, old credit card or hotel key card “paintbrush,” stamps/stamp pads, colored pencils, washi tape, any additional favorite tools. **Ephemera:** bits of paper such images from magazines that represent what you’d like to see more of in your life, scrap paper, postcards, tissue paper. **Tech:** a computer or smartphone with internet access. **Yoga and meditation:** sticky mat and meditation cushion or chair.

**SHOW UP.** Bookmark our private page. Do the one-hour yoga and meditation video before we begin, if possible. Clear your calendar to join the full experience. Remove distractions, close browsers, and toggle “Do Not Disturb” on your phone to help you drop into the retreat. Tune into the Zoom link on your [private page](#) a few minutes before 2 pm ET.

**SET THE STAGE.** Wear something comfy that stretches and you feel good in. Spritz perfume. Sip green juice and/or a cuppa tea. Moisturize. Get a good night’s sleep. Eat a nourishing meal. Have your tools within reach. Light a candle to signify the start of each session. Make your retreat set up inviting.

**CONNECT.** Share photos of your set up and throughout the retreat using #tranquilitydujour. Ask questions, share takeaways, and offer support in the chat box.

# TDJ Tenets

Tranquility du Jour is your guide to infusing tranquility and beauty into your every day. We started as a yoga studio in 1999 and have grown into a like-hearted global community on a path to live and spread tranquility. Below are the five principles of living the Tranquility du Jour lifestyle.

1.

**COMPASSION:** We seek to alleviate the suffering of all beings through our daily choices. Sustainability is a priority and we actively reduce our impact on the planet. We treat others as we want to be treated and know that compassion starts from within. We stand for social justice and meaningful change.

2.

**CREATIVITY:** We connect with our artistic side and let it shine through our everyday actions. We see most activities as a way to express our creativity and refill our creative well regularly through reading, taking classes, and playing. How we show up is our art and each day is a fresh canvas.

3.

**STYLE:** We know that how we present ourselves affects how we feel and tells a story. We choose a signature style that is individual and reflects who we are. Our personal and professional spaces are designed to nourish our spirits. We are moved by the arts, flowers, and simple pleasures.

4.

**MINDFULNESS:** We bring awareness to our thoughts, feelings, and physical sensations throughout the day and prioritize practices such as yoga and meditation. When we notice ourselves ruminating about a past situation or fretting about a future one, we gently guide ourselves back to the present moment.

5.

**WELLNESS:** We choose self-care through gratitude, reflection, whole foods, fulfilling work, and exercise. Our support system is held with healthy boundaries and clear communication. As lifelong learners, we seek self-awareness and set SMART goals to help achieve our dreams.





# New Year's Intention Setting

*What is my intention for this retreat?*

*How do I want to show up?*

*How can I best prepare myself to be fully present?*

*What most needs attention right now?*

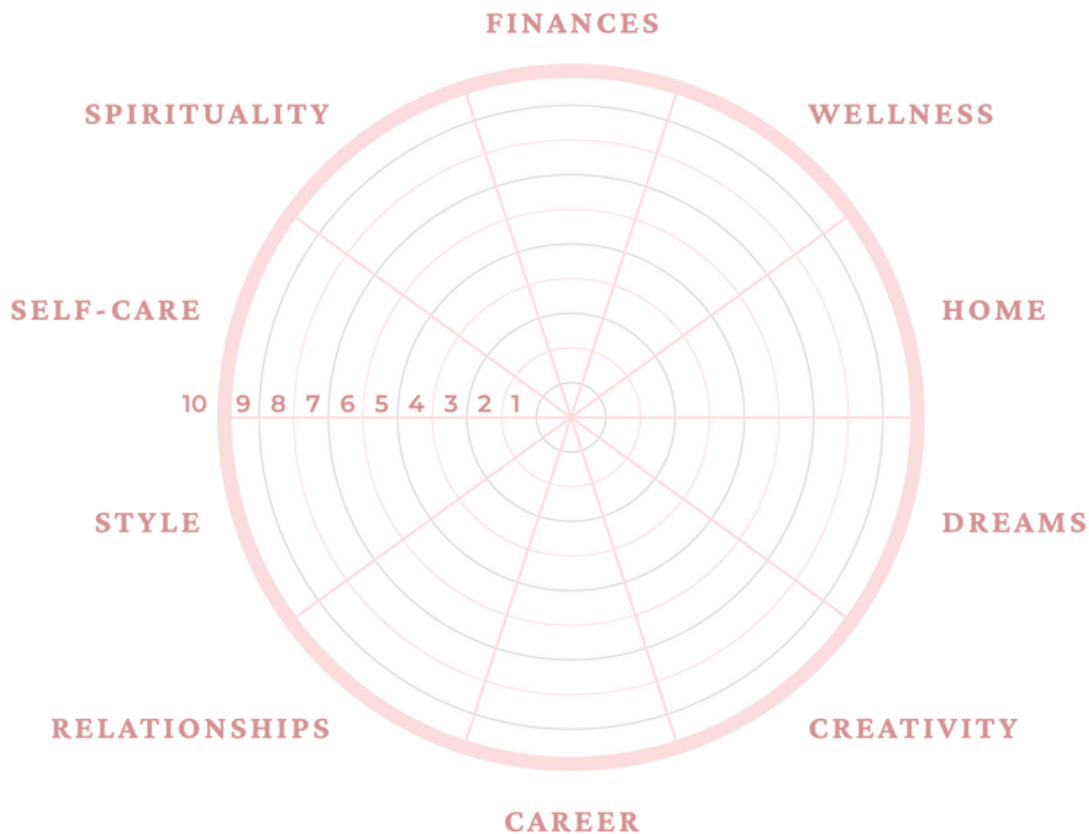
*How do I want to feel by the end of this season?*



# New Year's Life Review

*Seasonally reflect on areas of your life.*

*Rate each one with your level of satisfaction 10 = bliss, 5 = so-so, 0 = boo.*



SMART (Specific, Measurable, Achievable, Relevant, Timebound) action steps to increase areas that are lower than I'd like:

- 1.
- 2.
- 3.
- 4.
- 5.

## Seasonal Tranquility Tools

- Seasonal Life Review
- Deep Clean
- Practice Essentialism
- Bed Day
- Try Something New
- Rearrange
- Tend Your Garden
- Get Cultured



# Burning the Old Year

by Naomi Shihab Nye

Letters swallow themselves in seconds.  
Notes friends tied to the doorknob,  
transparent scarlet paper,  
sizzle like moth wings,  
marry the air.

So much of any year is flammable,  
lists of vegetables, partial poems.  
Orange swirling flame of days,  
so little is a stone.

Where there was something and suddenly isn't,  
an absence shouts, celebrates, leaves a space.  
I begin again with the smallest numbers.

Quick dance, shuffle of losses and leaves,  
only the things I didn't do  
crackle after the blazing dies.



# Reflection

1.

2.

3.

4.



# Year's Dreams



*My Word/Theme:*



# Year's Layout

January

February

March

April

May

June

July

August

September

October

November

December



# Seasonal Aspirations

*Add your seasonal wishes inside each box.*

Winter

Spring

Summer

Fall



# Lists

## 10 Books

*to read this year*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

## 10 Things

*to try this year*

## 10 Artist Dates

*to do this year*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



# Affirmative Writing

*Picture yourself on January 1, 2023 having accomplished or having taken steps toward accomplishing your Year's Dreams. How do you feel? Where are you? What are you doing? What are you eating? Who are you with? What are you wearing?*

*Pen yourself a letter to open at the end of the year and write it in the present tense. For example, "I'm so glad you made self-care a priority this year. You are now sleeping through the night, eating more whole foods, and doing yoga three times a week." Keep going. Bring those action steps from the Seasonal Life Review alive here and dream about how life will look once you make yourself and your goals a priority.*



**A**rt journaling (also known as sketchbooking and visual journaling) is the creative process of combining color, words, and images onto a page. This is a fun practice done solo or with a group of friends. No prior experience is needed, so it's great for beginners. Consider making a virtual event out of it and experience the magic of creating in community. Host a show and tell at the end.

It differs from scrapbooking in that it's about the process, not the outcome AND about ideas, not just memories. And the best part? It's good for you. According to an article by Cathy Malchiodi in Psychology Today, studies show that regular art journaling increases the flow of serotonin to the brain and increases the number of immune cells flowing through the body. Let's get started!

1. Gather your art journaling tools: a journal, black Sharpie or permanent black artist pen, glue stick, ephemera (bits of paper with words and/or images from magazines, etc.). Optional: acrylic or watercolor paint, paintbrushes (or use an expired credit card to paint), paper towels, colored pencils, pencil, washi tape, scissors, stamps, stamp pads, wax paper (to place between freshly painted pages as they dry).
2. Make a background with paint, with a big image, by rubbing a stamp pad over it, or with colored pencils to avoid starting on a blank page.
3. Add images and words from your ephemera into a collage aligned with a theme that resonates.
4. Add words by writing over the images.

Gather your supplies and design a page that represents creativity to you. Remember, this is all about letting your creative spark emerge. There's no right way or wrong way to do this. Promise!



### IDEAS:

- Create a color-themed page or spread using images and words in this favorite color (pink anyone?!).
- Design a page or spread using images and words that bring your Affirmative Writing to life.
- Make a background using a stamp pad by either running it down the page or stamping it throughout the page.
- Cull images and words that speak to your idealized version of creative expression.
- Create a page or spread that highlights what you look forward to while slowing down this fall.
- Choose an item from Everyday Tranquility or 30 Days of Tranquility that resonates and design a page or spread that represents it.



# Closing

1.

2.

3.

4.



# Love Note

*“And now we welcome the new year. Full of things that have never been.” –Rainer Maria Rilke*

Thank you for joining me today! I hope this experience allowed you to reset, rejuvenate, and consciously create the year.

Remember, this journey toward a more tranquil lifestyle is a daily practice. A process for finding more ease and beauty. One baby step at a time.

As you transition back into your life post-retreat, go gently and stay connected to this experience. Make a nutritious meal. Dive deeper into the reflection questions. Read poetry. Spend more time in creativity. Go for a long stroll. Stay connected to what matters most.

Let’s stay in touch via weekly Love Notes, as well as the Tranquility du Jour podcast.

May your year be filled with intentional choices, self-compassion, and connection to what matters most. You’re beautiful! x



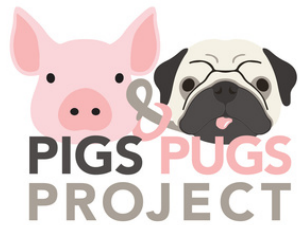
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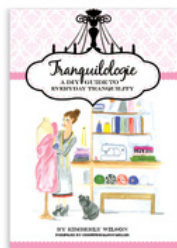
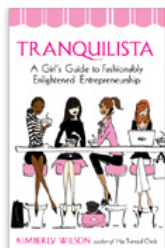
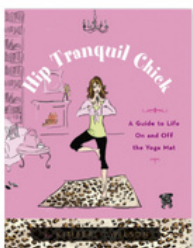


**FOR THE PLANET**  
MEMBER



*Kimberly*

*A portion of all Tranquility du Jour proceeds benefits Pigs & Pugs Project, 1% for the Planet, and Borneo Orangutan Survival, so thank you for making a difference.*





# Everyday Retreat

*“The world needs people who retreat from the world in order to see it more clearly.”  
—Patrick Shen*

- 1. SLOW:** Let your return be gradual. Create space for yourself to ease back into routine. Maintain the slower pace of the retreat. Remember to breathe and observe what is happening within you.
- 2. NOOK:** Create a space to hold memories of what fed you on this retreat—a quote, a page from your art journal, a savvy source. Have your art supplies, meditation cushion, journal, and yoga mat in this nook so that you can create and practice during those sweet moments in between.
- 3. HOLD:** Keep the retreat experience close to your heart. Honor taking the time for yourself and how you showed up. Stay connected to the senses: the movement in yoga, the sitting and walking in meditation, the reflection in journaling, the play in art journaling, the taste in mindful eating.
- 4. SPACE:** Carve out a sense of spaciousness in your schedule. Avoid overbooking and work with your energy flow. Mid-day naps or walks around a city block can have a profound effect on the mind, body, and spirit.
- 5. EXPLORE:** Consider how you feel different from your time on retreat. What do you understand better about yourself? What were your takeaways and how are they expanding now?



# Everyday Tranquility

*Tranquility is the quality of calm within a full and meaningful life.*

**SIP** hot water with lemon.

Spend a few minutes in **MEDITATION**.

**MOVE YOUR BODY** through yoga, walks, dance, and more.

Enjoy a **GREEN SMOOTHIE** or juice plus plant-based whole foods.

Write in a **JOURNAL** to clarify your thoughts.

**REVIEW YOUR DAYBOOK** and note the week's intention and MITs plus month's and year's dreams.

Savor a pot of **GREEN TEA** and nibble a square of **DARK CHOCOLATE**.

Create a **CAPSULE WARDROBE** and layer in clothing that feels luxurious on your skin.

**SPRITZ PERFUME** and diffuse lavender.

Read books and **LISTEN TO MUSIC** and podcasts that inspire.

**PRACTICE GRATITUDE**.

**MAKE SOMEONE'S DAY** with a simple "I appreciate you" text or smile.

**TRACK** your energy, time, and money habits.

**DECLUTTER** your mind, home, and digital environments.

**BATCH TASKS** by categories and hats you wear.

**ESTABLISH ROUTINES** and healthy habits.

**MAKE A DIFFERENCE** as a volunteer, donor, and awareness-raiser.

Practice mindful **SELF-COMPASSION** and treat yourself as you would a dear friend.

Surround yourself with **BEAUTIFUL THINGS** such as flowers, art, plants, and twinkle lights.

Be a **LIFELONG LEARNER** and study what makes your heart sing.

**FOREST BATHE** and soak up the natural world.

Be a **FLÂNEUR (A PASSIONATE WANDERER)** to clear your mind and get those steps.

When triggered, take **10 DEEP BREATHS**.

Make **SLEEP** a priority.

**PRACTICE STOP**: Stop, Take a breath, Observe what's happening, Proceed with awareness.

After a long day, put your **LEGS UP THE WALL** and exhale.

When in doubt, **TAKE A NAP**.



# 30 Days of Tranquility

*Try this 30-day challenge to infuse your month with simple pleasures.*

1

SIT STILL FOR FIVE MINUTES

2

DO SIX SUN SALUTATIONS

3

WRITE A LOVE LETTER

4

APOLOGIZE

5

TELL THE TRUTH

6

CONSUME A GREEN DRINK

7

GO MEAT-FREE

8

WALK FOR 20 MINUTES

9

DO LEGS UP THE WALL

10

GIVE \$10 TO CHARITY

11

PEN TWO JOURNAL PAGES

12

REVIEW YOUR YEAR'S DREAMS

13

CLEAR CLUTTER

14

GO ON AN ARTIST DATE

15

COLLAGE TWO PAGES

16

TREAT YOURSELF TO TEA

17

READ FOR 20 MINUTES

18

BUY YOURSELF FLOWERS

19

DANCE TO A FAVORITE TUNE

20

EXPRESS GRATITUDE

21

EAT ONLY UNPROCESSED FOODS

22

SOAK IN A BUBBLE BATH

23

MINDFULLY SIP A LIBATION

24

GET OUT IN NATURE

25

FORGO COMPLAINING

26

TAKE A DIGITAL DAY OFF

27

SNAP PHOTOS FROM YOUR DAY

28

MAKE A FAVORITE MEAL

29

HUG

30

BE FULLY PRESENT



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